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Monoporzione Tante

Golose Ricette

Dolci E Salate

Advanced techniques for

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working with chocolate.

***A follow-up to the successful
'The ScandiKitchen'
(published September
2015), this new book from
Brontë Aurell features over
60 recipes for cakes, bakes***

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***and treats from all over
Scandinavia. From indulgent
cream confections to homely
and comforting fruit cakes
and traditional breads,
sweet buns and pastries.
A groundbreaking***

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***handbook--the "method"
companion to its critically
acclaimed predecessor, The
Flavor Thesaurus--with a
foreword by Yotam
Ottolenghi. Niki Segnit used
to follow recipes to the***

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***letter, even when she'd
made a dish a dozen times.
But as she tested the
combinations that informed
The Flavor Thesaurus, she
detected the basic rubrics
that underpinned most***

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recipes. Lateral Cooking offers these formulas, which, once readers are familiar with them, will prove infinitely adaptable. The book is divided into twelve chapters, each

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covering a basic culinary category, such as "Bread," "Stock, Soup & Stew," or "Sauce." The recipes in each chapter are arranged on a continuum, passing from one to another with just a

tweak or two to the method or ingredients. Once you've got the hang of flatbreads, for instance, then its neighboring dishes (crackers, soda bread, scones) will involve the

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easiest and most intuitive adjustments. The result is greater creativity in the kitchen: Lateral Cooking encourages improvisation, resourcefulness, and, ultimately, the knowledge

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and confidence to cook by heart. Lateral Cooking is a practical book, but, like The Flavor Thesaurus, it's also a highly enjoyable read, drawing widely on culinary science, history, ideas from

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***professional kitchens,
observations by renowned
food writers, and Segnit's
personal recollections.
Entertaining, opinionated,
and inspirational, with a
handsome three-color***

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***design, Lateral Cooking will
have you torn between
donning your apron and
settling back in a
comfortable chair.
When Fearne's not making
us laugh onscreen or***

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***keeping us company on the
radio, you'll find her in the
kitchen cooking up a storm.
Easy, healthy recipes that
are fun to make and
delicious to eat - these are
the recipes Fearne loves and***

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***has become famous for.
Recipes she can't wait to
share with you, too. With
chapters covering fresh and
delicious breakfasts to start
your day well; simple,
sumptuous lunches to enjoy***

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***at home and on the run; and
comforting dinners that
show you how to eat the
rainbow, Cook. Eat. Love
provides over 100 recipes
that will have you eating
happily and healthily at***

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every meal time. A pescatarian herself who cooks meat for her family, Fearne includes recipes that can cater for both and be packed with goodness either way. You'll also find plenty

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***of ideas for elevenses,
afternoon treats, baked
goods and desserts that use
plenty of natural ingredients
to make those sweet treats
guilt-free and just as
satisfying. From Thai***

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**Coconut Soup to Quick and
Healthy Pizzas; Roast
Chicken Cashew and Chilli
salad to Salted Caramel
Chocolate Slice and Beetroot
Cupcakes, Cook. Eat. Love is
guaranteed to bring joy to**

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your kitchen and beyond.

First Nations Recipes

Woof!

***The Ultimate Encyclopedia
of Chocolate***

***ScandiKitchen: Fika and
Hygge***

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A Selection from Coast to Coast

A Design History of Club Culture

***In the 1940s I was struck by
reports about many
apparently healthy middle-***

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*aged men who dropped dead
instantly from heart
attacks. The causes of these
sudden deaths were unknown.
I was interested to discover
physio-chemical
characteristics of
individuals with predictive*

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value for the occurrence of these fatal heart attacks. The discovery of preventive variables would point ways to prevent this disease. In order to find relationships between mode of life and susceptibility to heart

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*disease contrasting
populations had to be
studied. Variety - not a
high degree of homogeneity
in culture and habits - must
be sought. After exploratory
surveys in countries with
supposed differences in*

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dietary patterns, lifestyle and heart disease rates in the early 1950s, the Seven Countries Study took off in 1958. This study established relationships between risk factors and development of heart disease in middle-aged

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men in health examined in countries with cultures we demonstrated to contrast in diet and lifestyle. The results obtained in the Seven Countries Study from its inception till now are presented in this book

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***entitled: "Prevention
of coronary heart disease.
Diet, lifestyle and risk
factors in the Seven
Countries Study. " Long ago
I realized that our concern
should not be restricted to
the prevention of coronary***

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*heart disease but should be
extended to all diseases and
premature death.*

*A history of the nightclub
from Studio 54 to the Double
Club Nightclubs and
discothèques are hotbeds of
contemporary culture.*

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*Throughout the 20th century,
they have been centres of
the avant-garde that
question the established
codes of social life and
experiment with different
realities, merging interior
and furniture design,*

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*graphics and art with sound,
light, fashion and special
effects to create a modern
Gesamtkunstwerk. Night
Fever: A Design History of
Club Culture examines the
history of the nightclub,
with examples ranging from*

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*Italian nightclubs of the
1960s that were created by
members of the Radical
Design group to the
legendary Studio 54 in New
York, Philippe Starck's Les
Bains Douches in Paris and
the more recent Double Club*

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*in London, conceived by
German artist Carsten Höller
for the Prada Foundation.
Featuring films and vintage
photographs, posters and
fashion, Night Fever takes
the reader on a fascinating
journey through a world of*

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glamour, subculture and the search for the night that never ends.

By the award-winning English food writer of The Good Cook, a cookbook full of essays and recipes that offer a fresh, satisfying

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*take on familiar favorites.
In England, no food writer's
star shines brighter than
Simon Hopkinson's, whose
breakthrough Roast Chicken
and Other Stories was voted
the most useful cookbook
ever by a panel of chefs,*

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food writers, and consumers. At last, American cooks can enjoy endearing stories from the highly acclaimed food writer and his simple yet elegant recipes. In this richly satisfying culinary narrative, Hopkinson shares

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*his unique philosophy on the
limitless possibilities of
cooking. With its friendly
tone backed by the author's
impeccable expertise, this
cookbook can help
anyone—from the novice to
the experienced chef—prepare*

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*down-right delicious
cuisine...and enjoy every
minute of it! Irresistible
recipes in this book include
Eggs Florentine, Chocolate
Tart, Poached Salmon with
Beurre Blanc, and, of
course, the book's namesake*

Where To Download Cioccolato
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recipe, Roast Chicken.

*Winner of both the 1994
Andre Simon and 1995
Glenfiddich awards (the
gastronomic world's
equivalent to an Oscar),
this acclaimed book will
inspire anyone who enjoys*

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*sharing the ideas of a truly
creative cook and delights
in getting the best out of
good ingredients. "The man
is the best cook in
Britain!" –Telegraph UK
"Roast Chicken and Other
Stories, packed with homely*

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native dishes, was recently voted the country's [UK's] most useful cookbook of all time by a panel of 40 experts." –R.W. Apple Jr., New York Times "The recipes and writing are pure genius, from start to finish. Roast

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***Chicken and Other Stories
belongs in every kitchen and
on every bedside table."***

–Nigella Lawson

First published in 2005.

***Routledge is an imprint of
Taylor & Francis, an informa
company.***

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***Comforting cakes and bakes
from Scandinavia with love
Autark - Autarchic -
Autarchia
Native Harvests
Healthy, Innovative,
Sustainable Cuisine
The Only Healthy Drink***

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***Compendium You'll Ever Need
Health, Food, Energy and
Environment Applications***

A mouth-watering icy pole on a hot day is one of life's most nostalgic pleasures. What's even better is knowing that icy poles in all sorts of

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grown-up flavours can so easily be made at home with no fuss and minimal equipment. 50 Icy Poles explains the simple techniques required for successful icy poles, as well as exciting ways to serve and present them for all sorts of

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occasions - from weddings and dinner parties to children's parties. The 50 recipes cover adventurous and exciting options like Cantaloupe and Basil, and Ruby Grapefruit and Campari in addition to classic flavour combinations,

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such as Strawberries and Cream, and Orange and Lemon. There are even icy poles you could serve after dinner instead of a heavy dessert or cheese course.

Multisensory Flavor Perception:
From Fundamental Neuroscience

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Through to the Marketplace provides state-of-the-art coverage of the latest insights from the rapidly-expanding world of multisensory flavor research. The book highlights the various types of crossmodal interactions, such as

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sound and taste, and vision and taste, showing their impact on sensory and hedonic perception, along with their consumption in the context of food and drink. The chapters in this edited volume review the existing literature, also

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explaining the underlying neural and psychological mechanisms which lead to crossmodal perception of flavor. The book brings together research which has not been presented before, making it the first book in the market to

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cover the literature of multisensory flavor perception by incorporating the latest in psychophysics and neuroscience. Authored by top academics and world leaders in the field Takes readers on a journey from the neurological underpinnings

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of multisensory flavor perception, then presenting insights that can be used by food companies to create better flavor sensations for consumers Offers a wide perspective on multisensory flavor perception, an area of rapidly

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expanding knowledge

This popular series about three unlikely best friends is brimming with charm, humor, and heart. After a magical summer living on a peach orchard, carefree Murphy, perfect Leeda, and big-hearted

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Birdie confront a series of breakups, makeups, and takeoffs. They may have to leave one another, along with the orchard that brought them together. But despite their heartbreak, this year's bittersweet endings could lead to

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the sweetest of new beginnings. This book covers all the essential blending techniques, and has information on buying, using and maintaining juicers and blenders. There are also troubleshooting tips, advice on choosing the perfect

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ingredients, decorating and garnishing drinks, followed by 500 fabulous recipes. It is the only guide to juices and blended drinks that you will ever need.

Il cioccolato. Storia, curiosità, ricette, maestri

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Modern Native Feasts

Brazilian Food

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golose ricette dolci e salate

The Secrets of Peaches

Pedaling with a Purpose

The Ultimate Encyclopedia of

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***Wine, Beer, Spirits & Liqueurs
is the definitive guide to
alcohol-based drinks of all
kinds.'***

***Brazil is a vast country with a
cornucopia of fabulous
ingredients and a wealth of***

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ethnic culinary influences; the result is one of the most exciting cuisines in the world. In this ground-breaking book, acclaimed young chef Thiago Castanho and internationally respected food writer Luciana

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***Bianchi explore the best of
Brazilian food and its
traditions with more than 100
recipes that you'll want to try
at home - wherever you live.
The book includes recipes
from a team of celebrated***

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***'guest chefs' from all over
Brazil, including Roberta
Sudbrack, Rodrigo Oliveira
and Felipe Rameh. Chapters
celebrate the best food that
Brazil's diverse cuisine has to
offer including Small Bites,***

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***Street Food, Fish & Seafood
and Meat & Poultry for Fire &
Grill. Shot on location in Brazil
by Rogerio Voltan, the book is
a visual as well as culinary
feast. As host nation for the
World Cup in 2014 and the***

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Olympics in 2016, Brazil will be the focus of international attention, so now is the perfect time to discover its vibrant food culture and cook some of its gutsy, flavourful dishes at home.

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***From the simple refreshment
of Summer Strawberry Fizz to
Great Hall Gooseberry Fool,
the foods discussed in the
many Redwall books are all
here, along with dozens of
other favorites sure to turn***

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young hands into seasoned chefs, illustrated in full color with all the charm and magic that is Redwall.

Native American cuisine comes of age in this elegant, contemporary collection that

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***reinterprets and updates
traditional Native recipes with
modern, healthy twists.***

***Andrew George Jr. was head
chef for aboriginal foods at the
2010 Winter Olympics in
Vancouver; his imaginative***

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***menus reflect the diverse new
culinary landscape while being
mindful of an ages-old
reverence for the land and sea,
reflecting the growing interest
in a niche cuisine that is
rapidly moving into the***

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***mainstream to become the
"next big thing" among food
trends. Andrew also works
actively at making Native
foods healthier and more
nutritious, given that Native
peoples suffer from diabetes***

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at twice the rates of non-Natives; his recipes are lighter, less caloric, and include Asian touches, such as bison ribs with Thai spices, and a sushi roll with various cooked fish wrapped in nori.

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***Other dishes include venison
barley soup, wild berry
crumble, seas asparagus
salad, and buffalo tourtière.
Full of healthy, delicious, and
thoroughly North American
fare, Modern Native Feasts is***

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***the first Native American
foods cookbook to go beyond
the traditional and take a step
into the twenty-first century.
Andrew George Jr. is a
member of the Wet'suwet'en
Nation in British Columbia. He***

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participated on the first all-Native team at the Culinary Olympics in Frankfurt, Germany, and in 2012 was part of a group of chefs from twenty-five countries on a US State Department initiative

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***called "Culinary Diplomacy:
Promoting Cultural
Understanding Through
Food." His first book, A Feast
for All Seasons, was published
in 2010.***

Alexander Dumas Dictionary

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Of Cuisine

***Recipes for Every Season,
Mood, and Appetite***

***American Indian Wild Foods
and Recipes***

Do You Tagine?

Lateral Cooking

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The Pininfarina Book

Story and travels of Rev Johannes Myors. Since Feb 19, 1993, Rev Myors has cycled almost 265,000 miles in Canada and the United States. In 72 missionary bike tours, Rev Myors has performed evangelism, spoken at almost

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1,100 churches, performed roadside counseling, helped after natural disasters, helped build homes with Habitat for Humanity and the Fuller Center for Housing, and promoted compassionate social action. With every revolution of his bike wheels, a

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prayer went up to Heaven. Rev Myors was born in Bavaria, Germany to parents who were Holocaust survivors. After spending 18 months in yeshiva training to be a rabbi, he dropped out. In December, 1975 during Hanukkah, Rev Myors bought an

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English New Testament and became a Jewish believer in Jesus. During Passover 1976, his family banished him and declared him dead. In 1979 after spending a year as an elementary school teacher, Johannes immigrated to the United States and became a

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naturalized citizen in 1984 while working at a college in Florida. In 1998, Johannes was ordained an Evangelical Christian minister. From clambakes to wild strawberry bread, this practical primer on natural foods not only provides recipes for varied Native

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American dishes but also describes uses of ceremonial, medicinal, and sacred plants. 147 illustrations.

Provides recipes for vegetable dishes such as baby carrot terrine with shiitake mushroom salad, and arugula noodles with smoked

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yellow tomato sauce

What is innovation? The dictionary defines it as "renewal through the use of new processes and technologies." In advertising, everything is an innovation. But what is truly innovative? Since 1930, the Pininfarina design firm

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of Turin, Italy, has been answering that question. This is where the Cistalia 202 was developed, the first vehicle to be added to MoMA's permanent collection. The list goes on: the interior of the new stadium for Juventus Turin, the Nash Healey

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Spider seen in Billy Wilder's Sabrina, and the legendary Ferrari Dino 246 and Ferrari Testarossa. However, Pininfarina is not resting on its laurels, but blasting full speed ahead into the future with an expanded portfolio while honoring its heritage.

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Whether it's a solution for sustainable mobility, interior designs, or household gadgets, all Pininfarina projects bear an unmistakable signature. To visually celebrate the history and influence of Pininfarina, there is no one better suited than a man

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who has made his own unmistakable mark on automotive photography. Gunther Raupp has spent 30 years photographing cars for Ferrari's official calendars, which enjoy a cult following among the experts. He has two successful books with

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teNeues, the most recent being
The Ferrari Book. As a star
photographer and connoisseur of
industrial design, Raupp
showcases a company that
embodies true italianita.
At Home with the World's
Greatest Chefs

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500 Juices & Smoothies

Stories of a Photographer

The Talisman Italian Cook Book

The Empress of Ice Cream

The Low-Carb Fraud

***In 1671, Carlo Dimerco is the
only man in the world who
knows how to make ice***

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cream. As confectioner to Louis XIV, his talents are kept a closely guarded secret and his dishes served up for the King's pleasure only. But Carlo has fallen hopelessly in love with Louise de Keroualle, an impoverished lady-in-

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***waiting to Henrietta
d'Angleterre, sister of Charles
II of England. When Henrietta
dies suddenly, Louise and
Carlo's lives are changed
irrevocably when they are
sent to London. It quickly
becomes clear that Charles II***

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**wants Louise as his mistress.
There ensues a famous rivalry
between Louise and the
king's other mistress, the
cockney actress Nell Gwyn.
But Carlo is heartbroken. The
only power he has left to
wield is through his exquisite**

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ice cream confections

...Where will his loyalties lie?

Will he seek his revenge?

**Food is meant to be enjoyed,
and Sophie Dahl would have it
no other way. Growing up in a
family of true food lovers, she
began cooking at a young age**

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and never looked back. Miss Dahl's Voluptuous Delights presents nearly one hundred of her tried-and-true recipes, organized around the four seasons and using the freshest ingredients available. Accented with her

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stories about how she came to know these foods and why she loves them, Miss Dahl's Voluptuous Delights provides a complete picture of what a meal should provide. From lemon-scented summer stews, to crisply burnished pies, to

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salads and soups for breezy lunches, to decadent desserts, Sophie Dahl cooks food that is indulgent, delicious, and wholesome. Food needs salt. The quantity is a matter of personal taste but some presence is

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essential and little is more disappointing from the eating perspective than a plate of food that looks fabulous and tastes of very little. It shows the cook's priorities are all wrong, that too much television cookery has been

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***watched and not enough
tasting and enjoyment
indulged in.' So says Shaun
Hill, who in this engaging
exploration of his 50 years as
a chef, brings his wealth of
experience to the table,
sharing what he has learnt so***

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that the home cook can create truly remarkable dishes. Never one to shy away from controversy, he covers everything from why local and seasonal are not necessarily indicators of quality, to why soy beans are best left for

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***cattle feed and Budapest is
paradise for the greedy. The
recipes range from Warm
Rock Oysters with Spring
Onion Butter Sauce to Pork in
Shirtsleeves and Buttermilk
Pudding with Cardamom. And
although his commentary is***

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undeniably witty, it's Shaun's knowledge and expert guidance that makes this book an invaluable tome for anyone who takes their food (but not themselves) seriously. 'This is a book you need to own; a lifetime's hard

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***work in the kitchen distilled
into sensible brevity. Shaun is
a friend and a great cook.'***

Rick Stein

***Try me . . . test me . . . taste
me . . . Joanne Harris's
Chocolat trilogy has
tantalized readers with its***

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***sensuous descriptions of
chocolate since it was first
published. Now, to celebrate
the much-loved story of
Vianne Rocher's deliciously
decadent chocolaterie, Joanne
Harris and Fran Warde have
created the ultimate book of***

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***chocolate lore and recipes
from around the world,
bringing a touch of magic to
your kitchen.***

***With Over 200 Recipes
Coffret 2 volumes, version
anglaise***

Cook. Eat. Love.

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***Multisensory Flavor
Perception
Cooking for Your Kids
Miss Dahl's Voluptuous
Delights***

The official Demeter Cookbook
presents over 200 recipes, developed
and collected by Swiss chef Hermann

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Spindler, for sauces, soups, hors d'oeuvres, salads, main dishes, puddings and desserts. It also features special recipes for casseroles and gratins, vegetables, quark (curd cheese) dishes, grain dishes, doughs, savoury and sweet pastries, muesli

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and drinks - interspersed with informative commentary on the value of spices. Since its foundation by Rudolf Steiner in 1924, the international biodynamic agricultural movement has produced high-quality, 'premium organic' food

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that is increasingly sought after and respected for its flavour, quality and nutritional value. The Demeter brand certifies that the product concerned has been grown and processed using verified biodynamic methods. Hermann Spindler has

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been head chef at the Lukas Klinik for many years, where his kitchen has gained an outstanding reputation. Alongside food preparation methods that conserve nutritional value, imaginative presentation of dishes and freshly

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prepared meals, the special nature of the Lukas cuisine is based on the careful selection of Demeter foods, local sourcing where possible, and seasonal use of ingredients. A selection of Spindler's delicious lacto-vegetarian, wholefood recipes - based

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on the core principles of anthroposophic nutrition - are collected here in an easy-to-use presentation.

"Cooking for kids is a cookbook for families - featuring real-life recipes from great chefs in thirty countries

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around the world. These 100 recipes--for breakfast, lunch, snacks, dinner and treats--are what they make for their kids at home. Each chef offers a glimpse into their own kitchen and life, as they cook for culinary-curious and healthy eaters,

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and serve delicious food that the whole family will enjoy."--Back cover.

Al Santamaria is a child prodigy, maybe a genius. It is not out of the realm of possibility that he, alone, will save the human race. But first,

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he has to solve a far more urgent problem: finding a home for his family. He exists, like many kids, in a realm located somewhere between reality and fantasy, enjoying time with imaginary friends and wielding his magical powers. He has a

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wonderful relationship with his father, Mario Elvis, and his mother, Agnese, and he's convinced he has the best family in the world. But life isn't all roses for the Santamaria family. They are typical of many Italian families today, whose

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existences seem suspended between conflicting impulses: on the one hand, delusions of grandeur and immoderate ambition, and on the other nostalgia for a past golden age and the secret wish that somebody, anybody, will come to their rescue.

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Big dreams, it appears, exist to be crushed. But Al is not about to give up. He lives in a marvelous world of his own. He has the energy, imagination, and unselfconscious talents of a child. And, although he doesn't know it yet, he is going to

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remain a child his entire life.

A parody of Freud's writings,
features his theories about food and
cooking, and recipes for his favorite
dishes

The Redwall Cookbook

Night Fever

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Biotechnology

Prevention of Coronary Heart
Disease: Diet, Lifestyle and Risk
Factors in the Seven Countries Study
Gianni Berengo Gardin

Charlie Trotter's Vegetables

He felt a curious tingling in his

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hands and feet. He felt his nose becoming cold and wet, his ears becoming flappy. The thought in his mind was: 'I'm turning into a dog!' Eric is a perfectly ordinary boy. Perfectly ordinary that is, until the night when, in fifteen

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***seconds flat, he turns into a dog!
Eric and his best friend are
determined to sniff out the truth -
what makes an ordinary boy go
'woof'?***

***A clear, no-nonsense nutritional
guide to a healthier life, from the***

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author of Gillian McKeith's Food Bible and Slim for Life. With over 2 million copies sold worldwide, Gillian McKeith's You Are What You Eat is a national bestseller that has changed the way people think about food and nutrition.

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You Are What You Eat features real-life diet makeovers and case studies, easy to use lists and charts, and beautiful full color photographs. By encouraging you to eat more nutrient-dense, flavorful whole foods, You Are

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What You Eat will teach you how to stay healthy and satisfied.

This healthy guide also includes:

- Gillian McKeith's "Diet of Abundance"***
- A 7-Day jumpstart plan***
- The Food IQ Test***
- Complete shopping guide and***

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***meal plan • Healthy and
delicious Mediterranean-inspired
recipes***

***Canada's First Nations peoples
based their cuisine on the rich,
regionally diverse bounty of the
land, sea, lakes and rivers. The***

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recipes in this book feature ingredients at the foundation of Aboriginal culture, such as salmon, venison, bison, fiddleheads, wild rice and berries, and include brief descriptions of their historic

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relationship with that food. First Nations cuisine draws on millennia of evolution and deserves a lifetime of study. The recipes here represent a selection of favourites from various cultures across the

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country. They are inspired by traditional Native cooking, but combine historic and currently available ingredients to reflect a contemporary, modern taste. The visionary and creative shots of day-to-day reality by a child of

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***our time. Considered by many
the most representative of Italian
photographers, for almost fifty
years Gianni Berengo Gardin has
been a narrator attentive to
everyday life in all its multiple
aspects and in its evolution,***

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having immortalized the story of Italy in over 1,250,000 pictures. For his work, he prefers black and white because "color distracts the photographer and the viewer." And the images are what counts. People, objects,

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***close-ups, historical monuments.
Images that are concrete, never
abstract, but above all real
images. It's hard not to perceive
the creative and visionary
component of his snapshots,
however much they are attentive***

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***to the day-to-day reality of
humanity and its communities.***

Salt is Essential

***From Fundamental Neuroscience
Through to the Marketplace***

Matière Chocolat

Le stagioni del cioccolato

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***The Little Book of Chocolat
You Are What You Eat***

In a world of declining fossil energy, biotechnology explores multiple products and processes hidden in the rich genome of microbes, plants and animals. One of the reasons for the renewed

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spirit of biotechnology is supported by its capacity to swiftly incorporate the multidisciplinary advances in basic and applied sciences. This book presents a wide range of biotechnology research by the UPIBI community, teachers and students in the past

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24 years. Novel methodologies, basic results and new processes are reported in several of the most dynamic fields in biotechnology such as health, energy, food and environment. This effort will certainly be an inspiration for students wishing to join research

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teams, for academic colleagues in search of new knowledge and for professionals exploring novel ideas or innovative solutions.

By now, the low-carb diet's refrain is a familiar one: Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose

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weight. The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components:

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the condemnation of “carbs” and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased focus on (some) whole foods—just another variation on the same carbohydrate fears. In *The Low-Carb Fraud*, longtime leader in

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the nutritional science field T. Colin Campbell (author of The China Study and Whole) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods

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we misleadingly refer to as “carbs” aren't all created equal—and treating them that way has major consequences for our nutritional well-being. If you're considering a low-carb diet, read this e-book first. It will change the way you think about what you eat—and how you

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**should be eating, to lose weight and
optimize your health, now and for
the long term.**

**Recipes Based on Biodynamic
Ingredients from the Kitchen of the
Lukas Klinik**

**Roast Chicken and Other Stories
We Are Family**

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The Demeter Cookbook
Aron Demetz
Ice Kitchen